JOURNEY 2 CONSCIOUSNESS
C'EST LA VIE

KENDRICK DUWAH CHEA

The Message

YOU HAVE 2 KNOW WHERE YOU COME FROM, IN ORDER 2 KNOW WHERE YOU'RE GOING! I HAD 2 SEARCH FOR MY ROOTS, UNDERSTAND MY LINEAGE, EXPERIENCE THE STRUGGLE OF MY ANCESTORS, SO THAT I CAN START 2 DISCOVER WHO I TRULY AM. I AM THE EMBODIMENT OF COUNTLESS STRUGGLES FOR FREEDOM. I AM THE MANIFESTATION OF THE SLAVE'S IMAGINATION. THERE IS STILL MORE WORK 2 BE DONE. I AM STILL DEFINING MYSELF. I AM STILL DISCOVERING MYSELF.
THIS IS A JOURNEY. IT'S A MARATHON NOT A SPRINT.

#THEMARATHONCONTINUES
#CESTLAVIE #JOURNEY2CONSCIOUSNESS
#ONLYGODCANJUDGEME

This Book is in Honor of the Ancestors

Journey 2 Consciousness
C'est La Vie

By
Kendrick Duwah Chea

THE POSITIVE SOUL REBEL LLC

THE POSITIVE SOUL REBEL LLC, WORLDWIDE

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"Young man, Young man, Your arm's too short to box with God"

The Prodigal Son
James Weldon Johnson

(also wrote "Lift Every Voice & Sing"
Negro National Anthem with his brother,
John Rosamond Johnson)

"Go and read a book!"

These are the words I would constantly hear from my pops. Growing up in my Liberian & Haitian household, it was mandatory to have a book in my hand. Reading is fundamental…

Thank you Daddy

"Stop trying to run away!"

This is the advice I would hear from my mom whenever I felt as if I couldn't continue on my journey. The strongest woman I know always kept me in check.
She gave me this firm reminder that no matter what, you must FACE THE WORLD…

Thank you Mommy

Dedication

To all of my brothers & sisters who have lost their lives to this cruel world….
May you rest in power
We will never forget to say your names

Filipe Fernandes
Architect & Co-founder of
Lycée Jean Baptiste Point DuSable now known as Ecole Jean Baptiste Point DuSable in Saint Marc, Haiti
Your memory will live on through your passion

You are all LOVED…

George Floyd
Daniel Prude
Ahmaud Arbery
Sandra Bland
Trayvon Martin
Amadou Diallo
Tamir Rice
Oscar Grant
Freddie Gray
Korryn Gaines
Botham Jean
Breonna Taylor
Steven Donovan
Rayshard Brooks
Elijah Mcclain
Sean Bell
Philando Castile
Michael Brown
Eric Garner
Renisha Mcbride
Kobe Bryant
Fred the Godson

"Freedom is a constant struggle"
— Angela Davis

Foreword

By Zangba Thomson

"Hold fast to dreams, for if dreams die
Life is a broken-winged bird, that cannot fly."
— Langston Hughes

What would happen if you intertwined the souls of Langston Hughes and Tupac Shakur? What would the outcome be? Would this supernatural merger create another revolutionary author/guerrilla leader—like Ernesto "Che" Guevara? Perhaps—another poetically inclined genius like Jay-Z, whose revolutionary ideals and poetic philosophy influenced the minds of the masses when he said, "*Rosa Parks sat so Martin Luther King could walk. Martin Luther King walked so Obama could run. Obama's running so we all can fly*." And flying beyond the boundaries of worldly limitations is exactly what you can expect from "*C'est La Vie*," a collection of pure thoughts and emotions that were captured and recorded in the mind of an offspring of early hip-hop and beat poetry (*a movement that evolved during the 1940s in both New York City and on the west coast*)— his name— Chea—an old soul that's occupying the temple of a young man's body. Chea's poetry—or his opinions on life—touches on evergreen subject matters that we all can relate to—like love and hatred, struggles, successes, and failures, and most importantly—being young, black, and gifted in the midst of white supremacy. But Chea's story is no different than any other African-American poet—like

Langston Hughes, Tupac Shakur, Imamu Amiri Baraka, Maya Angelou, and Nikki Giovanni to name a few; but his youthfulness gives him a present-day advantage to paint a new portrait of urban life in America after 9/11, and even though Kendrick's poems aren't as revolutionary, and—quote-unquote—"we're black and we're proud" as poetry from the 60s, soulfully dynamic and bluesy as poems of the 70s and 80s, or even as down-right raw like poetry from the 90s; it is a perfect representation of what is happening now in America! Let's face it—times have changed, and no longer are our injustices shoved in our faces like back in the day—now it's hidden behind closed doors.

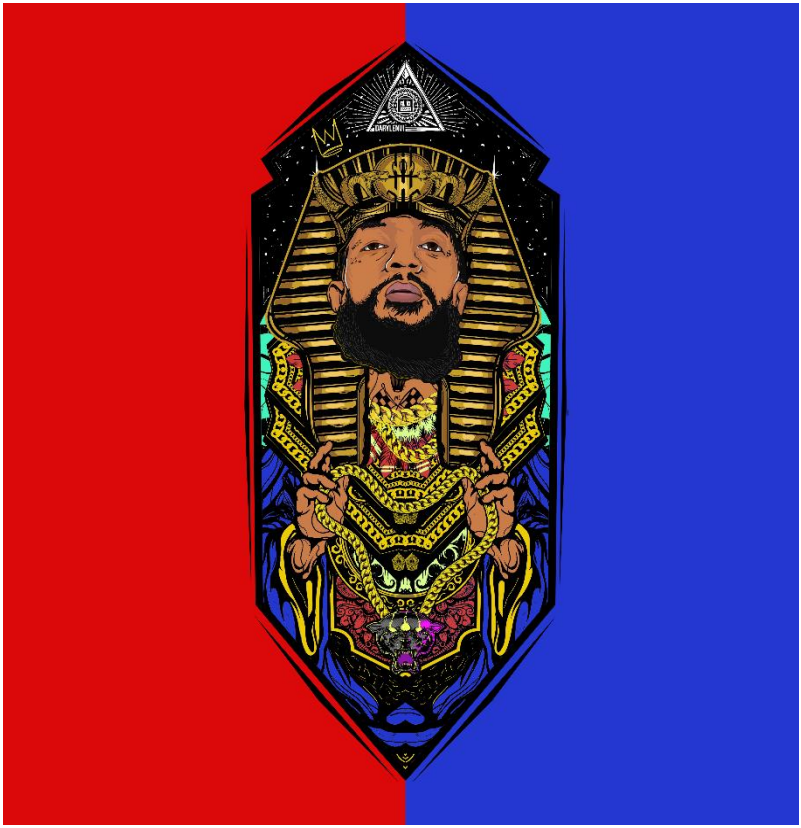
"There's gon' be some stuff you see that's gonna make it hard to smile in the future. But through whatever you see, through all the rain and the pain, you gotta keep your sense of humor, you gotta be able to smile through all this bullshit."
— Tupac Shakur, SMILE

But Chea, unlike most of his peers, chose to remain remotely close to the ideals of those poets who came before him, and in all honesty—through "*C'est La Vie*" He poetically carries the rhythmic torch of beat poetry—during a time when the poetic landscape or playing field seems leveled—making the progress to achieving equality—more mental now than it has ever been; and when Chea writes, "Growing up in my household, it was mandatory to have a book in your hand", he's telling you the honest truth—that reading is

fundamental because it funds the mental with resources needed to react appropriately to situations that you are facing. There's nothing new under the sun, and each generation has its own obstacles to overcome—and each generation has its own artists—and through various mediums—these artists voice the blueprint on how to overcome our daily difficulties or sufferings—even if they have an audience or not. Because oftentimes—words trapped in a book go unread, and this new urban generation has become too complacent with the way life is to dig for the truth. So, when injustices or justices occur, their mentality is— "That's Life! Or "C'est la vie," which is a way of acknowledging something less than ideal that has to be accepted, because—that's just the way life is. Accept it and grasp the raw and uncanny world that you are about to enter into.

A surreal world filled with relative surprises and uncharted territories that are time and time again explored by verbal conquistadors. Every day of your life—you have seen the world from your perspective. But now, are you ready to view the globe from another person's viewpoint and not be judgmental? Remember, we are all one, everything is relative and as above so below. That's Life! *C'est La Vie*! So, in conclusion, I want to end this foreword on a high note with Mel Blanc's famous catchphrase, "*That's All Folks*!" Thank you again Chea—for giving me this enormous page to write on, and as we move forward in time—always remember that—no matter what—

(**P**) Positive (**E**) Energy (**A**) Always (**C**) Creates (**E**) Elevation



"Respect Ya Passion"
—Nipsey Hussle

Journey 2 Consciousness

Growth comes from the power, love, struggle, successes, and failures that we experience in la vie (life). On our journey, we strive to reach consciousness whether we know it or not. The journey to becoming WOKE! Being woke does not just mean you are aware of the social injustices going on around you—such as police brutality, housing discrimination, health inequities, poverty, the school-to-prison pipeline, mass incarceration, gang violence, gun violence, and the countless other forms of violence & injustice.

WAKE UP!

Being woke truly means that you are aware of your strengths and weaknesses. Being woke means you are in tune with your connection to consciousness.
Being woke means understanding that your energy can positively or negatively affect someone else. You acknowledge your power. Your journey 2 consciousness starts and ends with you! At the end of the day, no one else knows you better than you know yourself. Enlightened by truth, it is up to you to act. This is a call 2 action.

For a long time, I was asleep. I was unaware of what was going on around me, distant from others, and unfortunately distant from myself. Truly disconnected from the world around me. Running away from responsibility and not speaking my truth.

Truly disconnected from my own world within.
I decided to embark on the journey 2 consciousness. We are all on different points of our journey. Nothing can hold you back from reaching your destination.
What is meant to be yours, to begin with, will always be yours! The journey never ends. Tap in!

Know yourself & grow yourself. There are times we are unaware of our illnesses and they go unchecked. Consciousness is perception. Consciousness is growth. Consciousness is understanding self. Consciousness is health. Consciousness is wealth no one can take away from you. Consciousness is the connection of mind body & soul. Consciousness is God.

LEVEL UP!

Some psychologists have compartmentalized consciousness into levels. It's been broken down into 3, 5, 6, or even 7 different levels of thought. The various interpretations do not take away from the root message: growing in wakefulness & having a deeper sense of purpose in the world. It is growing in knowledge of the world around us & beyond us. With this understanding we discover ourselves.

BE FEARLESS ON YOUR JOURNEY 2 CONSCIOUSNESS

C'est La Vie & Words Defined

Be the master of your mind
Do not allow anyone 2 control your sense of being
You are not a slave
Avoid anyone who slows down your progress
You are meant 2 be great
Appreciate anyone who helps you in your time of need
They are truly blessings in disguise
Grow wise
Do you & never let anyone tell you otherwise
This is your time 2 shine
The world is yours 2 define

ONLY 2 REALIZE
THE WORLD IS MINE 2 DEFINE

LA VIE TEACHES US VALUABLE LESSONS

1) Failure is necessary to become successful

2) Love prevails over everything, no matter what

3) Consciousness is mindful awakening evoked from within the individual as they feel the interconnectedness of the world.
You WAKE yourself up. It is knowledge of self.

4) "La vie" is the life you choose to lead, good & bad consequences are inevitable from the decisions you make. What kind of life do you choose to have? Because at the end of the day la vie is a choice.

5) There is a balance in the "energy" or "aura" you radiate into the world. The energy you put out always comes back to you, positive or negative. Some may call it "karma", others may say "you reap what you sow." Regardless of what it is called, keep in mind that energy is everything

ONLY YOU CAN DETERMINE YOUR LIFE

ONLY YOU CAN CHANGE YOU

GROW & BE WOKE

Getting started...

La vie is a journey. I'm still navigating my journey slowly but surely. Every setback is a lesson on how to be better. I am learning to embrace the blessings I've earned and have been given by the higher power. I've come to realize that people will judge you for your decisions without knowing your struggles. People will use you. People will talk behind your back. You will hit dead ends. Don't let these negatively affect you to the point where you can't continue on your journey. Always keep your mind on the end goal, and if you don't know what that is just yet, don't worry because you will.

Self-reflection through meditation will bring you to a point of self-actualization. Stay on your journey. Trust your process. It is yours and yours alone. Although, you will continue to share your journey 2 consciousness when all is said & done your life is yours to live. The opinions of others stand no ground when it comes to your opinion of yourself. You must think for yourself; each step requires a higher level of you. The lessons of la vie lead to finding purpose. Being able to obtain true happiness through knowledge of self is the ultimate goal.

We are all on this journey 2 consciousness. This is a journey that requires us to reflect, so that we may grow from our past experiences & past decisions. True education lies in this knowledge of self. On the journey, we discover who we are from the decisions we make and the places we have been.

I had to fail several times in order to learn and truly appreciate what success is. I have overcome the trials and tribulations placed on my path and have been consistent on my road to redemption. There is no challenge that you can't overcome, "If at first, you don't succeed, try, try, try again." The time is always now.

The most important step is the first step. You must get started in order for anything to happen. Take that leap of faith. Don't allow fear to block your blessings. You will stumble, you may fall, but you must pick yourself up every time. The journey 2 consciousness must continue. Take time to discover what drives you. The past molded you into the individual you are today. Those who came before you molded you into the individual you are today. The time is always now. Reflect on the past, live in the present, so that you can build towards the future.

Stay Away from HATERS!

Your journey will introduce you to haters. I cannot stress this enough. These haters will surround you, more or less try to swarm you. Haters will front as if they have your best interests in mind. They may pose as a friend, but they don't want to see you be great. Haters wear many disguises. These individuals may pretend to be on your side but genuinely want to see your demise. They ultimately want to laugh at your pain or envy your growth. Haters can be anyone. It can be someone who you thought was your loved one. Be wary of these haters who come in a variety of shapes & sizes. Haters are the best shapeshifters.

"No weapon formed against you shall prosper"
Isaiah 54:17

Unfortunately, we can't save everyone. You have to let the haters hate because that is what they are going to do regardless of what you say or do. We aren't perfect and sometimes even we showcase some hating tendencies. We may have a spark of jealousy for someone who is doing "better" than us or may feel a dark pride because we feel as if we're doing "better" than someone else. This is when you have to be real and check yourself. It is up to you to acknowledge your inconsistencies.

Haters are TOXIC. They will spread their poisonous thoughts to all those who listen. They are the doubters and the ones who have no faith in you. Don't be a hater. Everyone progresses at different rates! Support the success of those around you. Reach out to those who fail in front of you. Love everyone, even your haters.

Most importantly:
Love Yourself, First Always

La Vie defined by Love

"The lover is the king above all kings, unafraid of death, not at all interested in a golden crown"
—Rumi

Love is a word that is thrown around so much that we've forgotten the true meaning. It isn't just a word, it is a feeling, it is an emotion, it is effort, it is a look, it is sacrifice, love is everything.

Love has given me la vie. Love has given me strength. Love has blessed me with opportunities. When I thought I was weak, Love reminded me how strong I was. Love created you. Love created this world. Love surrounds us in everything we do. Finding your inner peace is Love.

Love brings joy when all else fails. Love brings hope when the light is dim at the end of the tunnel. Love acknowledges the ones who are there for you when no one else is.

Love should never be taken for granted. LOVE YOURSELF with all your heart.

Love your journey. Grow in your process.

Love yourself, no matter what

Simplistic beauty
standing in the face of
adversity
Optimistic visionary
standing as a symbol of
diversity
Misunderstood mind
standing as a beacon of
creativity

Unable 2 Grasp Love

You open the door 2 a world that I never knew existed
My heart screams your name, as I wonder why I never persisted
Truth is, you catch my eye every time I see your face
I become so afraid that my body remains stuck in place
Unable 2 move
Look Your intelligence & beauty is so amazing
So perfect it leaves my eyes gazing
Searching for words 2 be more engaging
As I find my mind and catch my heart
I realize, we are many worlds apart

Love is Only an Illusion

If love is only an illusion, then what is love 2 me
If love is only an illusion, then what else can love be
Visions of happiness
Visions of gracefulness
Perfection is experienced in the illusion of love
If love is an illusion, then what is love 2 you
If love is an illusion, then what else can love do
Taking the time 2 reflect on lost opportunities
Where love fell apart
No longer craving illusions of a loving heart
If love is only an illusion, then what do you really see in me?
There is no illusion of love, it is exactly what we see,
L.O.V.E

Cherish the Queen

He tends 2 forget how priceless she is
He neglects her needs when in fact
He should always aim 2 please
She is a goddess, she is a queen
He must treat her like royalty
She deserves loyalty
Wipe away all of her tears
Fight through all of her fears
Treat her right & hold her tight
She is the light, brightening the dark night of temptation
Committing 2 her soul is the heart's salvation
Life without her is an abomination
So cherish her without hesitation
Take the time to learn from her
Take the time to learn her
Be her muse, don't force her to choose
Be her pleasure, not her pain
Research her psychology
Study her biology
Love her undeniably
Cherish her

As the World Turns

My heart continues 2 weep, for the ones
I have long lost
My heart continues 2
grow, for the ones I
have finally found
In the past, I was bound 2 the
limitations of false love
Silly and twisted perceptions of what I thought
love was, only 2 realize that false love
comes and goes but true love is infinite
As the world turns
My mind continues 2 acquire knowledge
beyond measure
My mind continues 2 be occupied by
thoughts of the past
Filled with visions that haunt me
Visions that taunt me
In my reality, I must embrace the opportunity
2 create a new future
A future which holds a prosperous and
ever-flourishing love
A love above all else

What is Love 2 You?

Love is EVERYTHING

Sacrifices for the Love of Success

Love is a sacrifice that has 2 be made to reach success
Self-actualization is finally discovering how 2 love yourself
Never Sacrifice your sense of self love for the false love of others
We must learn from all of the wins, losses, failures & Struggles
We all want success. Act accordingly.
Follow your natural intuition.
This native instinct that we all have.
Strive for success in all ways possible.

How can we strive for something that we've never had?
Society has convinced us that success means material wealth. I've realized success comes in the form of mind body soul health. Knowing who you are and understanding yourSELF. This is true wealth
Only you can determine, what success means in your life no other opinion truly matters as much
Does the amount of money make you successful?
Does the way you live make you successful?
Destined to actualize your mission.
Discover what is important to you
Remind yourself of what it means to be loved
Define what success means in la vie

La Vie defined by Success

"Children have lessons that adults should learn, to not be ashamed of failing, but to get up & try again. Most of us adults are so afraid, so cautious, so safe"
—Malcolm X

Success is the sum of all your lessons learned through trial & error

Success is how well you adapt to your surroundings

Success is knowing who you are at all times, being cognizant of your importance to this world

Success is reaching your Genuine Self

Success is a word that has become equated with the amount of money you have, but that is a false ideation. Success is how happy you are. Success is the positive energy shared with all those around you. Success is in the genuine relationships you build with others.

Success is defined by actions not by words

Success is you living your best life, it is the intention of reaching YOUR pinnacle defined by YOU

Success is not caring about other people's opinions; it is about making the best decisions for yourself

La Vie defined by Failure

"The Marathon Continues"
—Nipsey Hussle

Failure is taking an L

Failure is missing the mark you set up for yourself

Failure is having to restart from square 1

Failure is mistiming your next move

Failure is never easy to experience, but it is a very necessary experience

Failure is hurting someone you love, betraying someone who trusted you and falling short of your expectations

Failure is knowing that you will make mistakes because we are all imperfect beings

LEARN FROM YOUR FAILURES

We all take L's, but how we respond is our choice. For every loss you take, there's a win in place. For every L, there's a lesson. For every lesson, there's a blessing. You will succeed if you keep pushing forward. Each L is an opportunity to bounce back with a W. You can not dwell on your mistakes. Stay far from stagnation, focus on progression. Learn & Grow.

REPLAY

Reflecting on past mistakes constantly
trying 2 find a way 2 correct them all
Tearing my mind apart, so that it can
stop replaying that same fall
Going out of my way 2 prevent myself
from making that close call
But what I need 2 realize
is that we are all
Imperfect beings who manifest earth
only temporarily, as it comes 2 be known we
are just humans filled with flaws
Mistakes are natural, Sin is original
La vie is a learning process where
mistakes must be replayed in the mind
So that mistakes are not repeated over time

Dreams & Aspirations

We all have dreams and aspirations 2 do well
No one wants 2 go 2 college and fail
We have been taught all of our lives that
education should be the continuing
motivation adding to our aspiration of
reaching an expectation higher than any
set limitation
Or so they said at every convocation
talking to myself exclaiming, this must be a
hallucination
Is this graduation or am I slowly
approaching my resignation?
Only time will tell because
No one wants to graduate and fail
I shall go on stage, 2 receive the key that
opens the heavily chained door
Which has been restricting my ability 2
soar, above and
Beyond what I said I'd achieve
Now I'm hoping that my mind doesn't
get up and leave
Forcing me 2 retrieve my degree
It was no one else's choice but my own 2
embark on this path except the stresses
of my mother, the questions from my father
the eyes of the people, the mouths of
the others, I did it all 2 myself
Unstoppable, No one can stop me
Unbreakable, No one can break me

WHAT ARE YOUR ASPIRATIONS?

"God alone is the giver of aspiration"
—Rumi

The goals you set for yourself may not be accomplished in the time you set for yourself. We all have an idea of what we want la vie to look like. It takes a true effort to create la vie we want. It takes purpose to achieve your goals just as much as it takes goals to achieve a purpose. Search for alignment within yourself. Reach out to touch your aspirations. No one can choose what you want for yourself. Sometimes you miss the mark, but you must keep moving. You decide what is good for you. You decide what is bad for you. Discover what motivates you.

"It was all a dream" — Notorious B.I.G

You will mess up along the way. Don't worry because we all mess up. It's all good as long as you know that you CAN'T STOP! There is no time to stop. Time is always moving. You must recalculate, recalibrate, and most importantly reflect. Get on a new track, create your own lane, and move on. If you get stuck that's ok too. We all get lost on our respective paths even when we think we have it all figured out. It's safe to say that we never have it all figured it out. We block ourselves due to our thoughts. It is how we react that determines everything. Our power lies in our actions & reactions.

You strive to accomplish something, work hard, and finally reach your goal but realize it's not what you really wanted. If you can breathe then there is still time. If you can think then there is still time. Recreate your plan. Restructure your purpose. Understand your worth. Appreciate your value.

No matter what:
Know yourself, First always.

Self-fulfilling prophecy

If You say it, you can do it
If You believe it, you can achieve it
Keep working

Mind over matter,
No one can stop you
Only you can stop yourself

Broken Dreams & Reparations

When you are told that your dreams are unattainable
Do all that is necessary 2 attain them
When the odds seem 2 be against you
Change the odds so that they are ever in your favor
When you are broken
Repair yourself so that you can become better than you were before
If you can envision it, you can make it happen
If you believe in what you see, you can make it a reality
The dream is yours 2 define
Don't let anyone define your dream for you

WHAT ARE YOUR DREAMS?

"Sky's the limit and you know that you can have what you want, be what you want"
—Notorious B.I.G & 112

You start 2 move differently when you know what you need. You begin 2 move with purpose. You move in the direction of your dreams. There is no limit 2 what you can think of. The journey 2 consciousness connects the internal with the external. Consciousness creates a bridge to your destiny. You manifest what you work for. The hard part is making those dreams become reality. A dream will remain only a dream until you put in the work 2

Heal. Love. Realize. Visualize. Actualize.

"Stay far from timid. Only make moves when your heart's in it. And live the phrase Sky's the Limit"

"I don't wanna live nomore sometimes I hear death knocking at my front door, I'm living everyday like a hustle, another drug to juggle, another day, another struggle"
—Notorious B.I.G

La Vie defined by Struggle

"Without Struggle there can be no Progress"
—Frederick Douglass

Struggle is going through the sugar cane plantations, sore feet, bent backward, machete in hand, sun on your back, still ready to "koupe tèt, boule kay"

Struggle is worldwide oppression in the form of police brutality, slavery, colonialism, imperialism but rising above it all uniting the diaspora and creating a manifestation of our ancestors' mission

Struggle is acknowledging the ancestors' journey and how their journey has brought us to where we are now; realizing the ancestors are with us everyday

Struggle is what we must face in order to reach progress

Struggle builds character

Struggle is a lifelong lesson; we go through and will repeat until we grow through it and level up

Each level of life demands a different version of us. We must adapt through all the adversity and grow in understanding of ourselves. No one voluntarily wants to struggle and it shouldn't be necessary, c'est la vie

Mental Health Matters

Mental WEllness matters……WE all go thru it
Sometimes you are not always healthy
The struggle is real

Just like you get a sprain in your ankle or
You break your arm

Sometimes the brain has a few sprains & breaks
That's ok

You may have thoughts on where 2 go next
You may no longer want 2 be here

Keep striving, Keep pushing
Keep hustling, Keep going

WE need you

Find what matters 2 you
You matter 2 you
Find what motivates you

Most importantly….Love yourself, First Always

"Emancipate yourselves from mental slavery, none but ourselves can free our minds"
—Bob Marley, adapted from Marcus Garvey

"How you gonna win when you ain't right within, uh ah come again"
—Lauryn Hill

Ready for War

Focus our energy on making progress
Struggles will come but we must always be ready
A true warrior should be prepared for battle
At all times
All forms of mental, physical, and spiritual warfare
No harm brought against positive energy shall prosper

Nothing Can Change
Streets are full of my people
People are full of the streets
You may look down on our territories, but this is where we eat
Hustle by any means necessary just to stay on our feet, staying alive is no easy feat
The grind never stops
This is how we eat
Nightmares from the crypt
As told by the Grim Reaper
These are realities faced by my people everyday
But why must we live this way
Unequal circumstances due to a historically unequal system
History
What you do & know is what you sow & grow
Ignorance is bliss
We must release ourselves from this
Ignorance only begets ignorance
What we need is brilliance to beget excellence
Wake up now, take a stand
Hold each other by the hand
You have heard it all before, what have you done?
Nothing
You have heard it all before, ***Yes We Can***
You have heard it all before, ***Be the Change***

Colors of Time, Lost in Translation

Colorful beings forever seeking
perfection
Judging others neglecting 2 see our own
reflection
Learning of past tribulations
Empowered for future revelations
Positive changes occur only through self-
reformation
Never through self-degradation
Being rejected of assimilation
We've found ourselves lost in translation

WHO ARE YOU?

"Knowledge of Self. Determination."
—Black Star (Mos Def & Talib Kweli)

It is a question with multiple answers which change over time. Who you were 20 years ago isn't who you are today. Who you were 10 years ago isn't who you are today. Who you were 3 years ago isn't who you are today. Even yesterday, you made changes within yourself. Time is relative. Change occurs over time. Every day you learn more about yourself. Each day you discover your purpose. You choose your own path. Don't be stifled by mistakes of the past.

"The genius thing we did was never give up"
—Jay Z

Once you understand the experiences and what you are meant to learn, you will grow. Those experiences teach you how to maneuver through everything that la vie has to offer. Progress is an effort. Focus on the lessons. Focus on the evolution of self. Level up!

You can't move forward if you don't know where you came from. Our ancestors paved the road for us. The ultimate sacrifice was made. We didn't have 2 struggle through their experiences because they already did it. Never forget who was here before & remember that you are here now. Determined. The time is always now. Love yourself, Know yourself, & Grow in your process.

"We cannot think of being acceptable to others until we have first proven acceptable to ourselves."
— Malcolm X

"A man who stands for nothing will fall for anything"
— Malcolm X

Be Proud in Being You

Find solace in uncertainty
Refuse 2 be just another member of society
Be who you want 2 be, so you can truly be free
Conformity is nothing but society's way 2
stunt your creativity
Just another way 2 stop your individuality
Be proud in being you

Only God Can Judge Me Pt. 2

No one knows my struggle
No one knows my pain
A past filled with bad deeds
A garden infested with weeds
Karma has taken its toll on me
Slowly gluing the pieces back together
I've discovered my purpose
Embarking on my journey 2
consciousness
Atoning for sins I've committed
Finally, I have been divinely acquitted

WHO IS THE JUDGE?

"Don't be in a hurry to condemn because he doesn't do what you do or think as you think or as fast. There was a time when you didn't know what you know today."
—Malcolm X

"In my mind I'm a blind man doing time, looking to my future because my past is all behind me"
—2pac

"Only God Can Judge Me now, that which does not kill me can only make me stronger (That's for real) And I don't see why everybody feel as though that they gotta tell me how to live my life, let me live baby, let me live"
—2pac

My Lost Love, Liberty

Nowhere near freedom
I thought I saw Liberty in the distance
So, I decided 2 proceed with persistence
As I yelled out
"LIBERTY"

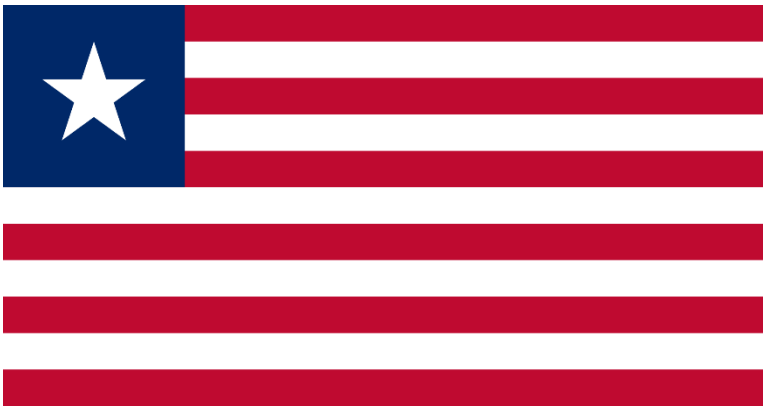
I felt three lashes on my back
Falling face forward onto the ground
Slowly making my way up so I can
scream out once again,
"LIBERTY"

Even though she was far away, I think she
turned around
Attempting 2 break off the chains that kept
me bound
She looked me in my eyes and left me with
tears and a frown
She continued 2 run away, never turning back
around
Stubbornly I called out her name once again
"LIBERTY"

She ran away even faster
Fully aware of the upcoming disaster
Killing me slowly the bloodshed made me
weak

I couldn't fathom the thought that she
would leave me
How I have longed for her warm embrace
and her comfort
I was forgotten by freedom and neglected by
time
"LIBERTY"

She was the only one on my mind
Now I am alone with an unforgiving master
Awaiting this upcoming disaster



-The love of liberty brought us here, O' Liberia

HOW WILL YOU CLAIM YOUR FREEDOM?

In la vie, it is dangerous to place your sense of self in the hands of others. Allowing people to dictate how you feel regarding who you are as a person will dim your light. At times, your light shines so bright that it blinds the weak. Those people are afraid of your light because they do not understand it. It makes them feel inferior. They may do this unintentionally or intentionally. Don't stop being you because it makes other people uncomfortable. Always stay true to your mission. Freedom lies within your mission.

SHARE YOUR POWER

The weak will try to tell you who you are, to discourage you from becoming your true self. The weak will attempt to take away your power. Freedom lies within your power. Fully embrace the opportunity that you have. Do not walk away from your mission. You're essential. It is necessary to fulfill your mission. Your power is the mission. Let your light shine regardless of how others may feel. You are created for greatness.

ACCOMPLISH YOUR MISSION

WHAT IS YOUR MISSION?

Identity Crisis

Fabrications of self
Forgings of identification
False sense of who you really are
Fake smiles extend across the room
Outsider standing within
You have become a stranger 2 yourself
Eyes are always looking down 2 the ground
In dire need 2 pick your head up 2 take a look around
This is your world 2 define
So much artificiality
Come back 2 life
Come back 2 reality
Identify your individuality

"We must unite now, or perish"

"I am not an African because I was born in Africa, but because Africa was born in me"
— Kwame Nkrumah

"It is a peculiar sensation, this double-consciousness, this sense of always looking at one's self through the eyes of others, of measuring one's soul by the tape of a world that looks on in amused contempt and pity."

"He simply wishes to make it possible for a man to be both a Negro and an American without being cursed and spit upon by his fellows, without losing the opportunity of self-development."
— W.E.B Du Bois

Why Must We Always Be the Ones who DIE?

My people are not treated as such
We are still considered less than
We move the culture
We are culture
We create
We love
We matter
We don't deserve to be chased down & shot
We don't deserve to be killed in our own homes
We won't accept this shit
We know our worth

Never respond 2 ignorance,
Dressed in the guise of intelligence

Trapped Pt. 2

Surrounded by bloodthirsty demons
Engulfed in flames
Soulless beings got me trapped
Soulless beings trapping blacks
They got me trapped
Thrown into the dungeon
Disgraced and Defeated
Or so it was written

Finally escaping from prison
Ex-convicts with a holy vision
As we rise from the dead
Becoming angels reborn
Shouting for Allah
Emancipated in Christ
This is a new life
Raising up cities for the people
Forward thinking, progressive minds
Innovators changing time
Solving all of the world's redundant
problems as we go from screaming
"We Can't Breathe" 2 "We Found our Breath"
Until we are no longer slaves 2 society
Freed from mental decapitation
Creating a truly equal nation
Enlightened with infinite knowledge, we
are no longer trapped

WHAT ARE YOUR INTENTIONS?

We have all been trapped in some way. The will to be free is born in the heart. They can only trap you physically, never mentally, or spiritually. Your power is eternal. Your power is internal. Being trapped temporarily does not take away your power. Your power is your freedom. Embrace who you are. A setback makes way for the get back. Only you determine how long you stay trapped.

There is no one else like you. You are here to discover this power & master it. Because it is hidden deep within, only you can reach it. No one else can master it for you. It is yours and yours alone.

There is no room for self-sabotage. Glimpses of your power frighten the weak. They don't know how to handle such vast strength. It is not your position to make others feel comfortable because of their inequities. It is your position to be authentically you. Take power in connecting your mind body soul which brings you to true consciousness.

All Alone Against All Odds

All alone
Nowhere 2 run
Nowhere 2 hide
I am here all by myself
I cannot look for help
I cannot ask for assistance
All I can do is wait
All I can do is sit here in silence
No one 2 rely on
No one 2 call upon
What have I come 2?
What has happened 2 me?
Me against the world
Me against myself
The war is raging within
Everyone who I thought was on my side
Everyone who I believed 2 be my ride or die
No longer exists
All I can do is persist
Until the end of time

-The world loves you, no matter what

What Have we Created?

It will be destroyed
It is hazardous 2 the health of all
Monsters, Beasts, and Savages
Here 2 take over the minds of the
innocent
Ways 2 stop it must be recommended
The creation of such a terrible being
shouldn't have happened
It must be handled accordingly

No one sees where it will be crucified
We are beyond mortified
Information has continued 2 be falsified
Lies 2 keep us stuck in place
Lies 2 exterminate our race
Donald Trump can't keep US quiet
We must riot

"For every dark night, there's a bright day after that" — 2pac

2pac's Soul Lives

You exposed US 2 the heartz of men
You showed US your thug passion
Young black male of many faces, master of all trades
You weren't perfect, but then again who is?
Only God Can Judge Me
Nobody could tell you what 2 do, it was All About U
All eyez on me, All eyez on you
Inspiration for generations
I wish you could have witnessed the first black president of our nation
Some things do change, but racism is still the same
An old white man who grabs women by the pussy took over the political game
Vowing 2 "make America great again"
We have lost 2 many brothers & sisters 2 senseless violence caused by history of ignorance & indifference
We still trapped in a white man'z world
The struggle continues, I guess it will never stop
All of my N.I.G.G.A'z still out here getting shot & killed by the fucking cops
Profit and greed still exceed the need to heal the sick & needy
Still we shed so many tears for our lil' homies, longing for unconditional love
Some say change won't come until the end of time
But I believe in better dayz
So I keep my head up cuz I have 2
Change gonna come cuz it has 2

Haitian Revolution
"Slave Uprising"
Created by
The legendary Haitian artist
Ulrick Jean-Pierre

La Vie defined by Power

"The most common way people give up their power is by thinking they don't have any"
—Alice Walker

Power is controlling your decisions at all costs, self-love is the ultimate power

Power is the strength 2 be yourself at all costs, authenticity is true power

Power is the ability 2 know what you want and to go after it

Power is the choice 2 help others on their journey 2 consciousness while understanding your very own journey 2 consciousness

Power is focusing on the mission you have been called to accomplish

Power is living your truth in every way

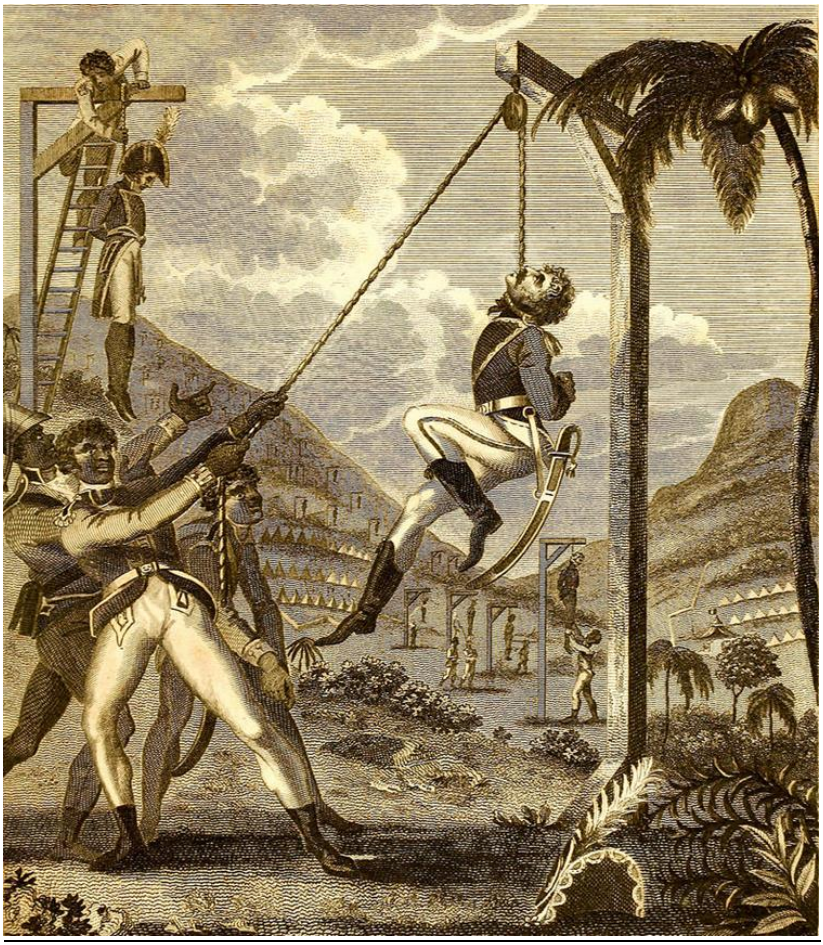
Power is being mindful of who you are

Power is within you, it is yours alone

THE POSITIVE SOUL REBEL

"I was born a slave, but nature
gave me the soul of a free man"
—Toussaint Louverture

Revolutionary realizing the wrongs of oppression
Finally Taking Charge
Ready for it all
Irreversible insurgent with steady hands as precise as a surgeon's
Calmly correcting the unjust flaws seen in reality
Nothing can stop a rebel facing the corrupt laws of society
Revolutionary idealists stand tall
Finally taking charge
Ready for it all
When the time comes the oppressor shall fall



"Haitians hanging the French Oppressors"
From Marcus Rainsford's 1805 book,
An Historical Account of the
Black Empire of Hayti

Black Power

The USA didn't abolish slavery until 1865, Brazil didn't abolish slavery until 1888, but Haiti ended slavery in 1793 and defeated Napoleon Bonaparte's French army in 1804. Spanish speaking Latin American countries ended slavery between the years 1822-1852 only because Simón Bolívar promised the Haitian revolutionary leader Alexandre Pétion. This promise was to free ALL slaves and Pétion would provide Bolívar with refuge, ships, arms, training, & men to help defeat the Spanish army.

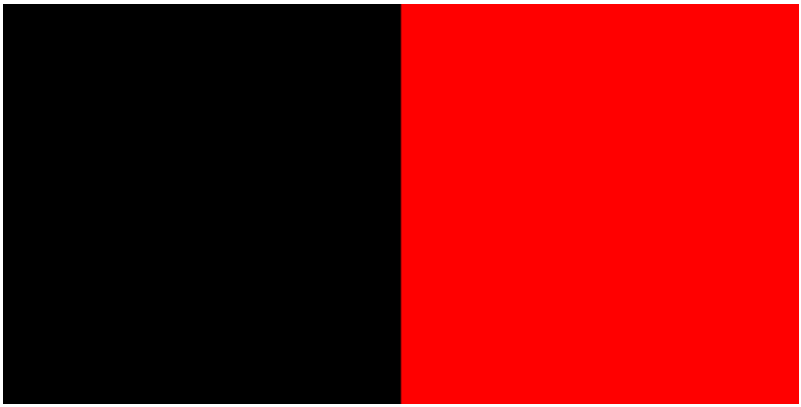
Power was given to those who were born into servitude. Power was taken by those who were born in shackles. Power was created by the community, common language, common spirituality, and the need to be free mentally & physically. When the next revolution comes, be on the right side of history. The idea that "slaves" could rise against the status quo and create a nation, was unheard of. The world didn't realize that these "slaves" were direct descendants of royalty from Dahomey*****, other African, & Taino***** empires.

USA president Thomas Jefferson & French emperor, Napoleon Bonaparte were enraged that black people could fight and gain their equality as men & women. They didn't believe that black lives mattered. Black Lives matter in the USA, Black lives matter in Haiti, Black lives matter all over the world. That's a fact that Black lives will always matter! Black power!

"Kèm Pa Soté"

(MY HEART ISN'T SCARED/I'M NOT AFRAID)

—BOUKMAN EKSPERYANS



FLAG OF AYITI(HAITI), 1805

"Koupé Tèt, Boulé Kay"

(CUT OFF HEADS, BURN HOMES)

—JAN JAK DESALINS

JEAN JACQUES DESSALINES

WHAT IS YOUR POWER?

Fearlessness must be developed. Face the world. Face your fears. Fear can take many forms. Fear is allowing the external to interfere with the internal. When you love yourself entirely, you fear nothing. The ability to face everything that is placed on your path is power. Harness your energy. Manifest the ability to defeat your enemies. Activate your power.

***From Black Power on page 75**

The Dahomey kingdom lasted until 1904. It was in modern-day Benin, Niger, & parts of Nigeria. Dahomeans were known for their intellect & warrior spirit. According to Dahomey customs, women were soldiers as well as providers. These warrior Queens were known as the Mino "our mothers." Haiti's founding father, Jean-Jacques Dessalines was trained by his Dahomey aunt, Tante Toya. She was a former Mino warrior.

The Taino empire was composed of Arawak people spread across the Caribbean. They were the original inhabitants of the island of Haiti & the Dominican Republic before the Spanish & French invaded. The original name of the island was Hayti which means "land of mountains." This name was changed by Columbus but restored after the Haitian Revolution of 1804.

Remind your SELF of your POWER

I am powerful
I am full of power
No one can take my power away from me
I am in full possession of my power
There is no competition
I stand in power
This is power
I was made with power
No weapon formed against me shall prosper, this is my power
I defeat all who come in my way and try 2 take away my power
There was a time when I forgot how much power I had
My strengths overpower my weaknesses
Once I remembered who I was, I never forgot again

You are the most powerful person in your life!

Daily affirmations confirm who we know
we already are.
These affirmations provide us with the energy 2 continue on our journey 2 consciousness. It is a mantra
Affirmations are testaments to our love for SELF
Self-love is the most important love of all
Love yourself first always

Never give up
You must rise 2 the top
When times get harder
It means you are closer 2 the finish line
Never give up
You must remain focused on your goal
Determine where you will go
Determine who you will be
This is your moment, The moment is now
The time is always now
Take advantage of the opportunity
You can only see growth
No reason 2 allow negative words 2 penetrate the mind
Allow your actions 2 produce the positive energy you need 2 survive & always grind
Never give up, you're almost there, the power is in your hands
Adapt 2 the obstacles that you come across on your path
Focus on where you want 2 be
Don't allow yourself 2 be predictable, be unpredictable
Stay true 2 the mission, Focus on what you want 2 accomplish
Alignment is key
Everything will start 2 make sense
All the sacrifices you've made will be worth it in the long run
Alignment is key

"Fight the Power"

-Public Enemy

Words defined by your Journey

WRITE YOUR OWN STORY

You choose whether or not to share the words defined by your journey 2 consciousness. With all that is going on around us, you need to express yourself. Speak up!

A genuine narrative of life experiences is essential to acquiring true knowledge of self. Accepting your past mistakes allows for growth and maturity in the future. Become your authentic self. These following pages are left blank so that you can begin to define your journal.

SPEAK YOUR TRUTH!

WHO ARE YOU?

WHAT IS YOUR POWER?

HOW WILL YOU CLAIM YOUR FREEDOM?

WHAT ARE YOUR INTENTIONS?

WHAT ARE YOUR DREAMS?

WHAT ARE YOUR ASPIRATIONS?

WHAT DO YOU LOVE ABOUT YOURSELF?

WHAT ARE YOUR FLAWS?

HOW WILL YOU EMPOWER YOURSELF & OTHERS?

WHAT DOES LOVE MEAN 2 YOU?

Thank you for taking this journey 2 consciousness with me.

-Kendrick Duwah Chea

C'est La Vie

C'est La Vie means "That's Life." Things will happen 2 you that you can't control. It is just life. It is how you react which holds the most power. As we have seen time & time again, history tends 2 repeat itself.

This is our time 2 take action. The streets are talking. The streets are screaming. The streets are allowing their voices 2 be heard. No one can silence them. We couldn't breathe before, but now we have found our breath. The streets are the people. The people are the streets.
It is in unity that we find our true strength. L'Union Fait La Force.

On this Journey never forget the 3 Selves:

1. ***Knowledge of Self (K.O.S)***
2. ***Self-Love***
3. ***Self-Empowerment***

Journey 2 Consciousness is defined by La Vie (Life)

Love. Success. Failure. Struggle. Power

C'est La Vie means "That's Life." Things will happen 2 you that you can't control. It's just life. It is how you react that holds the most power.

In this book, we discover what these 5 themes—love, success, failure, struggle & power— mean in our lives through reflective journaling, poetry, positive affirmations & everything hip hop!

The essence of hip hop is the genuine flow of art. This dual identity of poetry intertwined with rhythm & beat to share ideas. Hip hop was created in the Bronx 2 tell a story of the African diaspora. It is the music of an oppressed people expressing their love, struggles, successes,
failures, & power.
This book is a product of hip-hop culture.

The goal of Journey 2 Consciousness: C'est La Vie is 2 inspire, hustle, & motivate! It serves the purpose of reminding those who feel lost, that it's ok & you will reach your destination! We all learn & grow from our mistakes. Never give up, it's time 2 wake up & level up.
The time is always now. This is a call 2 action. We can't be free until we are all free. Love yourself, first always!

Ayibobo (Amen)